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Bangalore Mirror

TEMP 28 | Min 17 | Humidity 76% Generally cloudy sky Sensex 61,185 | Nifty 18,202 | Gold 50,930 | Silver 60,948 | Dollar 81.87 | Euro 81.78 | GBP 93.82

RAMMED
No city for cyclists

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TOO LATE?
Too little for lakes

PAGE 5

All avenue trees with roots choked as their bases were concretised unscientifically, shall soon be freed of the savagery

FREE TREE AGREEMENT

1-metre concrete-free radius around trees must: NGT

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TWEETS @BangaloreMIRROR

At long last, the forest department of the Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to break up the concrete bases around avenue trees and expose the soil, so that the suffocating roots can relax and get better access to water.

> **"We will soon be freeing all trees that have been concretised at the base by BBMP or other agencies**
>
> — Sarina Sikkaligar, DCF, BBMP

As various agencies, including the BBMP, have been carrying out road repair works across the city, the engineers have been covering footpaths and dividers with concrete.

However, while repairing the stretches, even the base of the trees were getting concretised. Despite multiple complaints raised by residents and tree activists time and again, the workers continue to choke avenue trees in the city.

"We have already removed some cement and concrete around the base of the trees in

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State of education

Report highlights poor infrastructure, lack of basic facilities in Karnataka's schools

PHOTO CREDIT: NIKHITA S/UNSPLASH

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As many as 1,001 schools in Karnataka — including 943 government, 10 aided and 48 private schools — do not have separate toilets for girl students. Out of 75,919 girls' schools, a total of 1,570 have non-functional toilets; 328 have no toilets at all.

The aforesaid data was revealed by the recent Unified District Information System for Education Plus (UDISE+) 2021-22 report that highlighted poor infrastructure and lack of basic facilities in Karnataka's schools.

The report said there is no electricity in 714 schools and 220 schools don't have drinking water facilities. According to the report, 8,153 schools don't have hand wash facilities.

Many educational institutions are still far from inclusivity as around 22,616 schools don't have ramps for children with special needs, it was noted. As many as 12,442 schools did not conduct medical check-ups in the last academic year.

Since the report was made public, many experts and activists raised concerns about the state of education at present. Karnataka Associated Managements of English Medium Schools (KAMS) general secretary D Shashi Kumar told Bangalore Mirror

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2 THINGS TO DO

01 Doggos' day out!

Pet Fed, India's Biggest Pet Festival & Limca World Record Holder of 'Biggest Dog Carnival', is back after a wait of two long years with its annual editions in Bengaluru, happening in November, at much bigger, better & greener scale. Pets give us a lifetime of joy and in return ask nothing of us, so the goal is to give all pet lovers the opportunity to give back a fun weekend to these pure souls.
Where: Jayamahal Palace Grounds
When: Nov 19, 20
Info: www.petfed.org

02 Terra Verde

Vasantha Art Gallery (VAG) at Grand Mercure Bengaluru at Gopalan Mall presents 'Terra Verde' a solo show of artworks by artist Remya Kumar. Nature is exhilarating, enticing, and invigorating and these aspects are beautifully depicted in these 15 playful, colourful and vibrant works. Remya Kumar, the artist, draws inspiration from the lush tropical feel of her homeland Kerala.

Where: Vasantha Art Gallery (VAG), Grand Mercure Bengaluru Gopalan Mall
When: Till Dec 5, 11am – 7pm
Info: 9980991645

Of faith & spirituality

The 35th General Body Meeting of the Catholic Bishops Conference of India CBCI) at St John's Auditorium, Bangalore, took off to a colorful start with the Chief Celebrant Apostolic Nuncio His Excellency Most Rev. Dr Leopold Girelli who celebrated the Holy Eucharist along with over 200 Bishops and a good number of Priests. The many Religious Major Superiors and a few lay representatives were also present at the Eucharistic Celebration.

A smooth, smooth ride

South India's first Vande Bharat Express, on a trail run from Chennai to Bengaluru and Mysuru, arrives in Bengaluru on Monday. Prime Minister Narendra Modi is scheduled to visit Karnataka on November 11 and flag off the train from SBC railway station. He will also participate in several programs and events across the state, said officials.

Batting for a cause

Residents organise cricket tournament to support education of 22 underprivileged kids

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Several residents of Belathur, Kadugogi in East Bengaluru joined hands to organise a cricket tournament in order to raise funds for the education of 22 underprivileged children at a government school in the locality.

The tournament was organised by Jana Swayam Sevak Trust (JSST), a non-profit organisation in association with PNC Cognitio School, Kadugogi.

Thirty+ teams from different apartments in Belathur, Kadugodi, Kumbena Agrahara, Dommasandra, Whitefield, and Varanasi gathered for the tournament that started on October 29.

Nagesh LS, President of JSST, told Bangalore Mirror that they have managed to raise close to Rs 2 lakh through the entry fee and various sponsors for the event. The entry fee for the teams was Rs 5,500 per team.

"In addition to raising funds for a social cause, the objective was also to have a healthy neighbourhood... We united and close to 32 teams came forward which is so far the highest number of teams in any such activities we have held before," he added.

The organisation got in touch with the principal of Kadugogi government school who helped in identifying 22 underprivileged students in their school.

Around 30+ teams from apartments in Belathur, Whitefield, Varanasi & other places participated

> **"In addition to raising funds for a social cause, the objective was also to have a healthy neighbourhood**
> -Nagesh LS, President of JSST

"We have collected Rs 1,98,000 and the cheques have been distributed to the students that will help them to fund their one-year fee plus academic supplies, books, etc. We wish to do a similar thing on a larger scale soon to help even more students by raising more and more funds," Nagesh added.

While identifying the students who were in need of financial assistance, it was also informed to the organisation that the students in the government school are facing an issue translating to English.

"There are 183 students in this high school from Grades 8 to 10. We were told that they are facing a problem learning and translating Kannada to English and vice versa so we have also bought 183 English dictionaries for each student. We will be distributing it at the school by the end of the tournament," the JSST president said.

Residents said that the tournament was also a great community activity for the neighbourhood.

Amit, a resident of Belathur, told Bangalore Mirror, "I have been living in Bengaluru for the past 10 years but did not get a chance to socialise with my neighbours so easily. This event has given a platform for that as well."

No city for cyclists

Avid cyclist injured as biker rams into her; third such accident in her family

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While it is good news that the number of people taking up cycling is going up, the same cannot be said about the number of cyclists meeting with accidents increasing. Tasneem Mohsin, a 45-year-old architect was injured when a biker hit her on Airport Road on Sunday. This is the third time her family is dealing with cycling-related accidents. Mohsin is currently recuperating.

This is the second time she has been injured in the last one year while cycling. Even her daughter has been hit by a biker in the past while cycling. Mohsin said, "On Sunday, I was hit on Airport Road near Jakkur while returning home. I was riding on the extreme left side of the road even though it was quite empty. A biker ran into my vehicle. He fled the spot without helping me."

She said that the injury was very painful. She has stitches on her right hand and was left badly bruised. "I was totally shaken. I could not move an inch as the cycle was badly damaged. This is not the first time a cyclist in my family is getting injured. We are avid cyclists, but have been victims more than once. My daughter was purposely hit from behind by a motorbike when she was cycling. Even that case was a hit-and-run on an empty road. She had a tough time as her wheel was completely broken, but luckily, she escaped with small bruises."

Earlier in 2021, Mohsin was hit while crossing South End Circle in Jayanagar. She was crossing the road when the signal had turned green. However, a biker from a different road broke the signal to speed away and ended up hitting her vehicle, following which she sustained a fracture on her right hand. It had to be operated with screws and plates and took many months of recovery, she said. Her cycle was also damaged.

Tasneem Mohsin has severe injuries on her hand after the accident on Airport Road

Bangalore Mirror highlighted on November 3 the issue of cyclists being cramped for space on city's roads

A few weeks back, a 23-year-old autistic cyclist was hit by a delivery executive. They had to be shifted to a hospital for surgery.

Many cyclists who were earlier pedalling on cycle tracks had complained about motorists using the lane and hitting them from either behind or opposite directions.

"Cyclists and pedestrians are those who move at a comparatively slower speed. However, it is sad to know that those using non-motorised transport are being hit by other fast-moving vehicles. I feel that there is a need to create more awareness on respecting the rights of pedestrians and cyclists. In a city like Bengaluru, where there are only a few cycle lanes (even those lanes are being encroached), cyclists are at the mercy of fast-moving vehicles. I hope the authorities take note of this and ensure that awareness is created," said Nanda Kumar, a cyclist.

> **"I was riding on the extreme left side of the road even though it was quite empty. A biker ran into my vehicle. He fled the spot without helping me**

Mohsin said that it was high time authorities prioritised cycle lanes and brought in stringent punishment for cycle hit-and-run cases. They especially wanted them to take note of women cyclists being abused by bikers and other vehicle users.

IN BRIEF

Protests against Vir Das's show in city, cops lodge FIR against him

The right-wing organisation -- Hindu Janjagruti Samiti -- has filed a complaint with the Karnataka Police against comedian Vir Das and demanded cancellation of his comedy show to be organised in Bengaluru on November 10.

Following the complaint, Vyalikaval police in Bengaluru have booked an FIR against Das for allegedly hurting religious sentiments of Hindus.

The complaint said that the stand-up comedian's show hurts the religious sentiments of Hindus and shows India in bad light to the world. **IANS**

Autos on aggregators: Court grants govt 4 weeks to find solution

The Karnataka government on Monday sought four weeks' time from the High Court to find a solution to the banning of services of autos in Ola, Uber and other cab aggregators. Separate petitions have been filed in this regard from ANI Technologies Private limited and Uber India Technologies Private Limited with regards to the order by the state government for Ola and Uber to stop service of autos.

The petition was taken up by the bench headed by Justice MGS Kamal. The bench had issued directions to the government to find a solution in connection with the issue earlier. The counsel for the government submitted to the court that they needed more time to discuss the issue of stopping auto services in cab aggregators and sought time. Agreeing to its request, the bench granted the required time to the government. Ola and Uber have submitted an interim application for charging more fare for the use of services of autos. **IANS**

Projects approved, but where do funds go?

Citizens file petition demanding transparency in budget sanctioned for developmental projects at Mahadevapura

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One of the biggest zones in the city, Mahadevapura has many developmental projects being carried out. From stormwater drain repair to construction of culverts, many such projects get sanctioned but citizens often remain in the dark about how the funds are spent. Now, several citizens have raised a petition advocating for transparency on the expenditure of the funds to ensure that they are being utilised in the right manner.

Members of Bengaluru NavaNirmana Party (BNP) have initiated a petition 'Let's Rebuild Bengaluru - Mission Mahadevapura' to bring in transparency for the funds that are being used.

BV Lalithamba, a member of BNP, said, "Mahadevapura is one of the highest tax-paying areas in our country; despite which, the infrastructure is in shambles. Thousands of crores have been spent but due to corruption, mismanagement and misgovernance, a vast part of the money has gone unaccounted. Most importantly, there have been no accounts or transparency for any of these amounts spent."

She further added that there is no visibility or transparency or citizen involvement in the ongoing projects. After the flooding that happened recently, the State Government has announced Rs 1,800 crore worth of stormwater drain projects -- a good part of which has been reserved for Mahadevapura."

A signature campaign will as well be carried out and submitted to the MLA Arvind Limbavali to bring in transparency and citizen participation in the new upcoming projects, said BNP.

With the recent rains in the city, many of the places saw an increase in flooding, as there were encroachments in the stormwater drains. The State Government decided to develop the stormwater drains and Chief Minister Basavaraj Bommai had sanctioned Rs 1,800 crore for the development of SWDs in the city.

Some of the other recent sanctioned projects are construction of RCC drain and culvert drain at Pappaya Reddy Layout near Munnekola budgeted at Rs 15 crore.

Near Maina Apartment in Gunjur, construction of a U-shaped drain from Gunjur via Varthur village in Mahadevpura has been sanctioned at a budget of Rs 5.88 crore.

Construction of an RCC drain and culvert has also been sanctioned near Panathur, Balagere and Varthur Lake in Ward 149 along with construction of U-shaped drain at Bhoganahalli and an outlet sanctioned at Rs 5.56 crore for area near Disha Apartment in Belagere.

What's up with our footpaths?

...ask city dwellers fed up with Bengaluru's ill-maintained pavements

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Pedestrians in the city are complaining about the poor condition of footpaths in various areas. They say that these footpaths provide no space for walking and are encroached by vehicles. They also report garbage being dumped all over them.

On 100 feet road in Indiranagar, people complain that the state of the pavements have remained the same for years with no effort being made to improve the situation.

Raghav K, a resident of the area, said, "The footpath is not fit for walking. There is no space for us to use it. It is completely encroached upon by vehicles and garbage. Despite the footpath being there, people have to walk on main roads."

Locals said that Indiranagar is one of the most frequented places in the city. Hence, provisions should be made to free spaces on the footpath. Yogendra Pavar, a commuter, said, "Indiranagar is quite a posh area and people often come here to enjoy its pubs and nightlife. However, with footpaths like this, people will stop coming to the locality soon. There are a lot of people who walk, and for them, this area is completely a nightmare."

Ajith Patel, another resident, told Bangalore Mirror that he had come with his family to a restaurant in the area, and since they stayed nearby, they chose to walk. However, he said that the walk was quite difficult as the footpath was filled with garbage, carts, and discarded vehicles. The footpath cannot be accessed by senior citizens and children, he added.

People have also pointed out that the footpath opposite Shivanagar Flyover near Variar Bakery signal has a gate that abruptly pops up in the middle of it. Astha Singh, another commuter, said, "I do not understand who undertakes the maintenance of the footpath. A grill gate just pops up suddenly in the middle, blocking the way. One has to get down, walk on the main road, and then get back up on the footpath."

> "The footpath is not fit for walking. There is no space for us to use it. It is completely encroached upon by vehicles and garbage. People have to walk on main roads
>
> –Raghav K, resident

Pedestrians complain that the footpaths in indiranagar are taken up by carts and trash

Rishi Agarwal, another commuter, told BM that the road is quite busy and it is risky for people to get down from the footpath in the middle and walk on the road. "It can be very dangerous. The worst thing is that nobody has even come to inspect the area," he said.

A BBMP official said that they would be looking into the areas and start work as soon as possible.

Reviving Siddapura Lake with each plantation

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The Siddapura Lake in BEML Layout is an important lake that provides groundwater to the area as well as Tubrahalli. The Bruhat Bengaluru Mahanagara Palike (BBMP) have been working on developing the lake and the residents of Brookfield Layout have come forward to beautify the premises by carrying out a tree plantation drive.

Over 100 saplings of various species were planted in the periphery of the lake. The residents carried out the first phase of plantations on Sunday. They have decided to carry out ten more such plantations in phases.

Arvind Keerthi, a member of Brookfield Layout Residents' Association, said, "The plantation drive was carried out in order to add more greenery to the lake and beautify the place. Greenery is important on the lake side as it helps in improving the air quality. As the lake's condition is improving, tree plantation will enrich the biodiversity of the place, making it a good habitat."

Residents carried out the plantation drive through CSR funding, and many fruit bearing plants and native species were planted to attract birds and insects.

Locals join hands to beautify the Siddarpura Lake premises

Saplings planted included pongamia, jackfruit, kadamba, amate, sapota, rose apple, anjura, maavu, kokam, Mysore nerale, water apple, jackfruit, berrya, nime, varuna, Ooty apple, almond, all spice, edible rudraksha, ramphala, lakshmanphal, kanak champaca , surinam cherry, and muntuli, karidhupa.

The lake's condition had deteriorated over the years due to neglect and maintenance not being carried out. Sewage had been flowing inside the water body. There was also reportedly no fencing and the lake was filled with weeds. However, with redevelopment being carried out now, locals have hope for things to get better for the water body.

Keerthi said, "The lake is getting better slowly. The boundaries are fenced and the lake premises have been cleaned. The water quality still needs to get better. We are hopeful that once all the work is done the lake will be in a good condition."

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No maintenance
Brunton Cross Road

Pavements in Brunton Cross Road are in a horrible condition.

Garbage galore
KR Puram

The KR Puram market area is very dirty. Garbage is being dumped unchecked.

Where to walk?
Charles Campbell Road

There is no footpath due to construction at the corner of MM Road (Charles Campbell Road). People have to walk in the middle of the road.

CITY WHERE LAKES ONCE WERE

As lakes continue to be under threat from encroachments, environmentalists sound alarms of the consequences; civic authorities say a plan is in progress

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OUR WATER WORKS

Around 233 lakes have been encroached in Bengaluru and authorities are yet to ensure that they are completely protected. While buildings are being razed to make way for stormwater drains, experts are saying that the civic authorities need to focus on protecting lakes as many of the lakes are encroached.

Recently in the Legislative Council, Revenue Minister R Ashoka said there are a total of 567 lakes in Bengaluru Urban district (excluding BBMP). Out of 567 lakes, 72 lakes have various forms of encroachments which are yet to be removed. Among the 72 lakes, 34 lakes were in Bengaluru South taluk, five in Yelahanka, 17 in east, four in north and 12 in Anekal taluk.

In BBMP limits, there are 201 lakes spanning 6,009.36 acre. Out of this, 21 lakes are completely free of encroachments, 19 are considered as dead lakes and 161 considered as mixed encroachment water bodies. Twenty six out of 161 lakes in BBMP are encroached by government bodies, six have become slums and 129 are partially encroached.

The highest number of lakes are in Mahadevapura zone. In this zone, there are 52 lakes (1,845.6 acre) and 225.15 acre of lake land has been encroached. So far, only 11.12 acre of encroachment has been removed.

Bommanahalli has the second highest number of lakes (47 lakes) and 196.33 out of 1,167.7 acre are being encroached.

RR Nagar has 37 lakes spread across 852.19 acre and 160.6 acre being encroached.

Yelahanka has 28 lakes spread across 1,371.2 acre and 133.35 acre are encroached. Bengaluru South has 12 lakes which are in 162.7 acre and 77.19 acre is encroached.

East zone has 10 lakes where 116.35 out of 303.24 acre are encroached while Dasarahalli has nine lakes spread across 220.13 acre and 9.2 acre has been encroached.

The West zone has the least number of lakes (six) with 30 out of 86.1 acre of land being encroached.

As per BBMP records, there has been no removal of encroachments in lakes under Bommanahalli, South, RR Nagar and Dasarahalli zones.

A BBMP official said, "As per our survey records, we are going for comprehensive development of lakes including management and maintenance of inlet and outlet of drainage water, diverting sewage water, fencing the boundaries, construction of bunds and waste weirs, landscaping, developing footpaths for jogging/ walking and creating parks. Now, our priority is to remove all the lake encroachments. Firstly, we will secure the boundary wall. We want to first protect the existing lakes from any further encroachments and then reclaim the encroached land in other lakes."

> **Our priority is to remove all the lake encroachments**
>
> –A BBMP official

A rainy day too many

Officials said that the rainy days in the city are 70 to 80 days in a year on average. However, this year, the city has witnessed more than 140 rainy days which has resulted in lakes overflowing and flooding the neighbourhood areas.

Palike to do away with encroachments

BBMP is planning to carry out a major encroachment eviction drive starting November 17. The drive is being guided by the Koliwad Committee report submitted in 2017.

BBMP Special Commissioner (Lakes) Ram Prasath Manohar V said, "We are planning to conduct an encroachment drive in more than 200 lakes and 21 lakes in the city have major encroachment. The remaining lakes have minor encroachments. BBMP has received two tahsildars and we are also requesting for at least one surveyor. We will start with zones with the maximum public impact."

He added that BBMP will conduct the eviction drive strictly. "The survey was done a few years back following the Koliwad committee report and we want to act on the report now. We have received directives from Chief Commissioner to free lakes of encroachments. We will be need at least 10 days to issue notices and other formalities, and the drive will begin on Nov 17. The drive will be carried on until all the lakes are free of encroachments," he added.

Activists express that the encroachment eviction should not be an eyewash. "Encroachment drives should be aimed at freeing lakes and not to regularise encroachments. The encroachments should be cleared up till the buffer zone of the lakes," said lake activist Ram Prasad.

—Melvin Mathew

All drained out!

Besides lakes, the encroachment of rajakaluves has resulted in breaking the chain of lakes. Rajakaluves are key links that connect one lake to another. It also plays an important link in draining off the rain water. However, since decades, the rajakaluves have not been cleared which are the main reasons for the water logging in the city. Bengaluru has 859.9 kilometre of rajakaluve network (East zone: 73.31 km, West: 55.24 km, South: 53.22 km, Koramangala valley: 71.30 km, Yelahanka: 98.18 km, Mahadevapura: 199 km, Bommanahalli: 112 km, Rajarajeshwari Nagar: 140.19 km and Dasarahalli: 57 km).

However, only half of these rajakaluves have been developed (490.1 km) and the rest are yet to be remodelled which is the main reason for flash floods during the rainy season.

'Doctor's opinion on age only if document unavailable'

The High Court has ruled that a medical officer's opinion on a person's age is valid only when there are no legal documents available.

"It is only in the absence of the matriculation or equivalent certificate certificates or the date of birth certificate from the school or a birth certificate given by a corporation or a municipal authority or a panchayat, the medical opinion will be sought from a duty constituted medical board, which will declare the age of the juvenile or the child," the Division Bench of Justice HB Prabhakara Sastry and Justice Anil B Katti said in a recent judgment.

The court has, therefore, set aside the acquittal of a person by a Sessions Court.

The lower court had earlier held that the victim was an adult and it was consensual sex between the two, based on a radiologist's report that the girl may be aged between 16 and 18.

> **The High Court set aside the acquittal of a person by a Sessions Court**

The acquittal was challenged by the police in the High Court.

The accused, married and having two children, raped a minor girl in the village. The victim became pregnant and her pregnancy was terminated. Her parents convened a panchayat where the parents of the accused promised to get the accused and the victim married.

The High Court said, "Since the certificate issued by the school, which is based on the records maintained by it and placed by the prosecution, the medical opinion, which, in turn, was based on a radiologist's report and admittedly, when the said radiologist also was not examined, cannot be relied upon, as such, the age of the victim girl has to be necessarily held as 15 years 4 months as in the month of December 2011." PTI

Copyright row: Bengaluru court asks Twitter to block Congress, yatra accounts

A dedicated commercial court for Bengaluru Urban District has directed micro-blogging site Twitter to block the handles of the Indian National Congress (INC) and its 'Bharat Jodo Yatra' till the next date of hearing. Also, the court ordered removing three tweets posted from the party.

The twitter handles are '@INCIndia' and '@BharatJodo'.

The court order came after a suit filed by MRT Music which is the copyright holder of the sound tracks from the film KGF Chapter 2. It is alleged that its copyright has been infringed upon and sought a permanent injunction against the INC and its leaders from using its copyrighted music.

"Plaintiff has specifically produced CD showing the side by side file i.e., original version of his copyrighted work with that of the illegally synchronised version. These prima facie materials available before this court at this stage establish that if same is encouraged, plaintiff who is in the business of acquiring cinematography films, songs, music albums... will be put to irreparable injury and further same leads to encouraging the piracy at large," the court said in its order.

The court also appointed a commissioner to audit and preserve the evidence on Twitter, Instagram, Facebook, and Youtube. **PTI**

Freedom for avenue trees

CONTINUED FROM PAGE 1

some places. We will soon be freeing all the trees that have been concretised at the base while repairing the roads and pavements by BBMP or other agencies," said Sarina Sikkaligar, BBMP's deputy conservator of forests (DCF).

Officials from the forest department said that clear instructions on dealing with green stretches along pavements and medians have been issued by the department to all the agencies that have taken up the road repair work in Bengaluru.

Moreover, there are many directions and orders given by various courts across the country on keeping the area around tree trunks concrete-free. The most recent was the 2013 order by the National Green Tribunal. As per the order, there should be at least a one-metre radius of concrete-free space around avenue trees.

However, despite all the guidelines and instructions in place, rules are openly being flouted by the engineers at work.

"The forest department has given clear instructions to the engineers not to pour concrete near tree bases. However, they are not paying heed. The detailed master plan given to the engineers include these instructions. But none of the guidelines and instructions are being followed by them," said a senior official from the forest department.

The latest victims are the trees along the Benson A Crossroad. Local residents said even a cursory glance at the stretch will be enough to see how trees have been concretised along with the pavement.

"This problem can be seen across the city at multiple road infrastructure projects. The workers are killing the trees whatever project they take up. We have been fagging this issue for many years now; however, they keep repeating the same mistake. The agencies involved in road projects must ensure that there are strict terms and conditions around the handling of trees in the contracts awarded to contractors," said a resident of the area.

After local residents raised the complaint regarding trees being choked by concrete on Benson A Crossroad, it was followed up by remedial action immediately. However, residents told BM that the officials have only half heartedly broken the concrete.

"We spoke to BBMP officials; they have removed a few inches of concrete around the trees on the stretch so water can percolate; but it is not done properly. The space has to be much bigger for the trees to get water. The engineers and workers who have taken up these projects lack basic sense and sensitivity towards the environment," said Susan P, another resident of the area.

Education infrastructure: Learning and unlearning

CONTINUED FROM PAGE 1

that the reality on the ground is far worse.

"Frankly speaking, this is just a report. But when the report is showing such a condition of our schools, you can imagine what the actual reality will be. These infrastructural woes in schools have been there for a very long time; it is a shame because it is a violation of the children's basic rights," he said.

"Unfortunately, the government has a dual standard when it comes to responsibility. It is not looking at these problems as its responsibility but is expecting the same from private unaided schools. Even when you talk about fire safety in schools, minimum infrastructure, providing books and uniforms to the students, etc, the schools are lacking everything because of financial constraints," Kumar added.

The report further stated that in Karnataka, the enrolment of students in government schools has reached 54,45,989 in 2021-2022, up from 50,31,606 in the previous year. However, experts said the schools are inefficient in providing proper facilities to such a huge number of students.

"It is good that the enrollment has increased but the main goal is to sustain these children and to keep them in school. But with the poor infrastructure and other facilities, that seems unlikely. The schools are not disabled friendly and do not have ramps. Many disabled children from the rural areas of Karnataka are not going to school," said Nagasimha G Rao, director of Child Rights Trust, Bengaluru.

Rao added that a similar survey should be done at the end of the academic session to analyse how many of the students that enrolled were able to continue their education.

Meanwhile, student activists and organisations condemned the poor management of the state's schools. According to All India Democratic Students' Organisation (AIDSO) state secretary Ajay Kamath, it is highly condemnable that the government is so oblivious to the pathetic condition of the schools which hold the future of the country.

"The situation of government schools is even worse... We demand that the government takes active measures to fulfill these pressing necessities," he said.

Furthermore, as per the report, the number of schools in Karnataka that closed down during the academic year 2021-22 was around 500. The number of teachers dipped by 23,000.

The UDISE+ report was released by the ministry of education (MoE) on Thursday.

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CHANGE OF NAME

I, Mrs Chand Bibi, Resident of no 594, 4th cross, near Mariyamma Temple, Gangon danahalli, Nayandanahalli Post, Bangalore 560039. That my record name is Chand Bibi but I myself called as Fareeda Begum. I state that both names Chand Bibi & Fareeda Begum is the name of one and the same person and that is myself. In future for all the purpose and in all records my correct name will be Chand Bibi. vide affidavit dated 03-11-22 sworn before notary H.R. Karunakara

I, PRAKASH A SAJJAN resid ing at A403, Kabini Apartment, 4th Cross, Suryacity Phase 1, Chandapura, Bangalore Rural-560099 have changed my minor Son's name from SUMIT to SUMIT PRAKASH SAJJAN vide affidavit dated 07.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I Veerendra Manjunath Hegde Alias H M Veerendra Alias Veerendra H M S/O, Manjunath Hegde R/o A-402, Mantri Alpyne Apartment, Dr Vishnuvardhan Road, Banashankari 5th Stage, Subramanyapura, Bengaluru-560061 have changed my name to Veerendra Hegde

I, PRAKASH A SAJJAN resid ing at A403, Kabini Apartment, 4th Cross, Suryacity Phase 1, Chandapura, Bangalore Rural-560099 have changed my minor Son's name from NIKHIL to NIKHIL PRAKASH SAJJAN vide affidavit dated 07.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I, PRAKASH SAJJAN, S/o, Adivappa and Residing at A403, Kabini Apartment, 4th Cross, Suryacity Phase-1, Chandapura Bangalore Rural 560099 have changed my name to PRAKASH A SAJJAN vide affidavit dated 07.11.2022 sworn before notary B V Nagabhu shana, Bangalore.

I, NAWAB WASIM PASHA, S/o, Nawab and Residing at Ward No.7, Shareef Mohalla, Kunigal , Tumakuru 572130 Now Camp at Bangalore have changed my name to WASIM vide affidavit dated 04.11.2022 sworn before notary B V Nagabhushana, Bangalore.

I, Senthil Kumar Asokan R/o No. 6, 4th Main, Gurudarshan Layout, Nanjappa Circle, Vidyaranyapura, Bangalore-560097 have changed my minor son's name from Hemish Senthil Kumar to S. G. Hemish Naidu for all purposes.

I, Vedant Sanjaykumar Varma S/o, Sanjaykumar Shrikisan Varma R/o 209, Mahaveer Springs Annex, 17th Cross, 15th Main, J P Nagar 5th Phase, Bangalore-560078 have changed my name to Vedant Varma for all purposes.

I, Rani Gound Or Rani Gond W/o, Amitkumar Shrichand Gound R/o Site No. 2, Sy No. 9, Doddagubbi Main Road, Nr Athmavidyanagar, Bengaluru-560077 have changed my name to Rani Amitkumar Gound for all purposes.

I, Senthil Kumar Asokan R/o No. 6, 4th Main, Gurudarshan Layout, Nanjappa Circle, Vidyaranyapura, Bangalore-560097 have changed my minor daughter's name from Asmitha Kumar Senthil Kumar to S.G. Asmitha Naidu

I Sunita Arkachari W/O, Vishwashilpachari Badiger R/o No. 671/707 Shree Durga Parameshwari Nilaya Kotebedi Varthur Bangalore 560087 have changed my name to Sunitha Badiger for all purposes.

I Padmavathi Sailseema W/O, Chandra Shekar K R/o #673, 6th Main 7th Cross Bsk 3rd Stage Bhuvaneshwari Nagar, Kathriguppe Bengaluru - 560085 have changed my name to Padmavathi Kurapati

I, Infant Helen D/o M. Magesh R/o No 227 Basappa Layout Hennur Main road near Good year English school Bangalore 560043 have changed my name to Infant Helen M

LOST & FOUND

I, K.M. GOVINDA RAJU S/o V.KRISHNAPPA have Lost original Sale Deed/ Mother Deed Document No 5738, 5742, 5746 registered on year 1970-1971 Registered at Bommanahalli(Jayanagar) Sub-Registor of Property No. 20, HASB Khata No 234, Situated at Varthur Hobli, Marathahalli Village, Bengaluru District. If Find Please contact Tel: 7676855555

Good air show: Why we can breathe easy

9 cities in state have good air quality; B'luru's AQI of 58 is 'satisfactory'

Garima Prasher
c-garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

As per the air quality data monitored by the Central Pollution Control Board (CPCB) on Sunday. While only 21 out of 168 cities across the country recorded 'good' air quality, nine of them were from Karnataka.

These cities included Bagalkot, Chamrajnagar, Davangere, Hassan, Madikeri, Mysuru, Ramanagara, Shivamogga and Vijayapura. All nine cities in the state recorded the Air Quality Index (AQI) between 33 and 46.

"It will be interesting to compare AQI values by bringing in other confounding factors as well. It will also be compelling to see if these cities experienced rainfall on the day which washed out the pollutants. If it was not raining, then that data will have an important story to narrate," said Dr Gurfan Baig, professor at the National Institute of Advanced Studies, IISc campus.

CPCB monitors the AQI of 19 cities in Karnataka. As per the readings on Sunday, while Hassan turned out to be the cleanest city in the state with an AQI of 33, Bidar, Belagavi and Kalaburgi were the most polluted cities in the state with AQI of 145, 108 and 100 respectively.

Interestingly, Bengaluru recorded an AQI of 58, which falls under the 'satisfactory' level.

According to the experts, Bengaluru's altitude, geography and climatology keep its AQI under control.

Since Bengaluru is at a higher altitude compared to other cities in Karnataka being monitored by CPCB, it has a high number of windy days and very few stagnant days, leading to better AQI readings. "The geographical location and meteorological factors have come to the city's rescue. Although the city's emission rate is as high as any other metro city in the country that is facing a poor air quality issue, Bengaluru is blessed by its high altitude, which causes the pollutants to drift away, keeping the air quality good. However, there is a saturation limit to drifting as well and we must take corrective measures right away," said another city-based environmentalist.

Out of 168 cities, only 21 made it to the 'good' air category by CPCB

> **The geographical location and meteorological factors have come to the city's rescue**
>
> —A city-based environmentalist

Experts also point out that while the report talks about carbon monoxide and PM10 as the major pollutants across most of the cities in the state, it is PM2.5 that should top the list looking at the amount of vehicular emission, suspended dust particles and emission from the industries that the cities experience today.

Death of BJP MLA's nephew: Police visit godman's ashram

The Karnataka Police, which is investigating the mysterious death of BJP MLA MP Renukacharya's nephew, visited the ashram of godman Vinay Guruji in the Gowri Gadde village in Chikkamagalur district on Monday.

Renukacharya's nephew, Chandrashekar's body was found in the Tunga canal. Renukacharya had lashed out at the police alleging a slack investigation.

He had stated that the police did nothing in the case even as his supporters had searched for the body through drones and done leg work. The police department was under pressure to crack the case as the statements by Renukacharya worried the ruling BJP government.

Chandrashekar had visited Vinay Guruji's ashram before he went missing with his friend Kiran. The Channagiri police later visited the ashram and gathered information in connection with the case.

Vinay Guruji was questioned on the matter that he discussed with Chandrashekar; whether there was any crisis or problem that Chandrashekar might have shared. Guruji had reacted that Chandrashekar was a devotee, and had visited the ashram, but he (Guruji) could not talk to him (Chandrashekar) much as he came late, police said.

Guruji also told the police that he had asked Chandrashekar about the timing of visits to the ashram and sent them back asking them to be careful in future. He also said that he was pained at the turn of events.

—IANS

Three detained in retired IB officer's murder case

Three persons have been detained in connection with the murder of a retired Intelligence Bureau (IB) officer in Mysuru, police said on Monday.

The police were grilling the accused and the motive behind the murder was still being investigated.

The victim, former IB officer R.N. Kulkarni, was killed on November 4, while he was walking on the Manasa Gangothri campus, at Mysuru University. Initially, the case was registered as a hit-and-run case. Later, the CCTV footage showed clearly that the 82-year-old IB officer was mowed down by a car. The family had suspected the role of a local person who had a property dispute with the victim.

The police department has formed three special teams to probe into the case.

Kulkarni had come from Sharadanagar by car to the Manasa Gangothri campus for an evening walk when the incident happened.

Mysuru Police Commissioner Dr Chandra Gupta stated that the motive behind the murder was not clear. Police stated that the local suspects disappeared after Kulkarni's family members suspected of their role. Police were further investigating.

—IANS

Li'l bird reunited with parents

Shreyashi Mukherjee
c-shreyashi.m@timesgroup.com
TWEETS @BangaloreMIRROR

People for Animals, a wildlife refuge in the city recently saved a Purple Rumped Sunbird and helped it reunite with its parents. The officials mentioned that they have received an increased number of these kinds of rescue calls.

Dr Nawaz Sharif, chief veterinarian and general manager, of PFA, said, "It was a very heartwarming incident. It was a Purple Rumped Sunbird fledging that had fallen on the balcony and the parents were not to be seen. We immediately sent two of our officials. They found that the bird was very small and it was dehydrated. They fed the bird a rehydration solution with a special sugar solution. Initially, the bird was too weak to move, however, with time the bird gradually started regaining its strength. It was decided that they will wait there and try to reunite it with the parents."

After an hour and a half, the sound of the parent birds could be heard as they were hovering nearby. First, the male bird approached and after it recognized the fledging and finally the female bird came and took the fledging with them.

"It felt really good to see them get reunited. Otherwise, we would have to bring the bird back and it would have been quite difficult," added Dr Sharif.

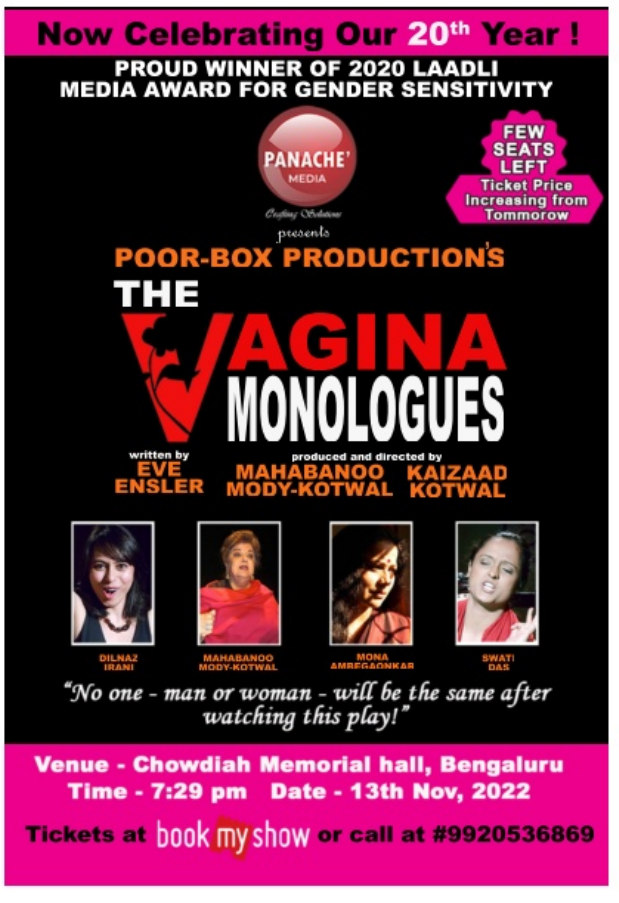
He added that these kinds of rescue calls have increased quite a lot.

"We are getting a lot of rescue calls like this. The reason behind this is the rapid commercialization, the increasing pollution. Even the bright lights have a role in this as they cause the birds to get disoriented. Since the birds are quite small, they lose their balance and end up falling and getting dehydrated and not every time we are able to reunite them with their parents. When the parents do not come back, we bring these birds back and put them in the incubator and then start the rehabilitation process," he said.

Concerned residents told Bangalore Mirror that cutting down of trees may be the reason for these incidents.

Praveen Kumar, a resident of Jalahalli, said, "In my area, there used to be a lot of trees and we would see a lot of birds. However, over the years, the trees were cut and houses were made. As a result, the birds started disappearing and some started building their nest inside houses and apartments. But often the eggs would end up falling and breaking. Or some were even thrown by the owners."

Abhijith K, an environmentalist, said, "These kinds of incidents of small birds falling and losing their life will continue as long as we keep taking up their space and make it our own. It is important to plant more trees and not build houses and apartments near areas with a lot of trees. In addition to that, the people should switch off all the lights when they are not required to prevent the birds from getting disoriented."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Vice Prez to attend ASEAN-India summit

Accompanied by External Affairs Minister S Jaishankar, Vice President Dhankar will visit Cambodia to attend ASEAN-India Commemorative Summit, 17th East Asia Summit

BangaloreMirror | 8
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3:2: SC upholds 10% EWS quota

BJP, Cong claim credit; Tamil Nadu CM Stalin criticises verdict

#NEW DELHI

With the Supreme Court upholding the EWS quota, the BJP and the Congress on Monday sought to claim credit for the amendment providing for it, even as Tamil Nadu Chief Minister MK Stalin criticised the verdict and called it a setback to the century-long social justice struggle.

In a landmark verdict, the apex court by a majority view of 3:2 upheld the validity of the 103rd Constitution amendment providing 10 per cent reservation to people belonging to the economically weaker sections (EWS) in admissions and government jobs. The court said the quota does not violate the basic structure of the Constitution.

The BJP lauded the Supreme Court's verdict, saying it is a victory for Prime Minister Narendra Modi in his "mission" to provide social justice to the country's poor.

Union Education Minister Dharmendra Pradhan said the Supreme Court's decision is a slap on the face of parties with vested interests who have tried to sow discord among citizens with their propaganda.

The Congress also welcomed the Supreme Court verdict but said the amendment providing for it was the result of a process initiated by the Manmohan Singh government.

In a statement, Congress general secretary in-charge communications Jairam Ramesh said the Congress welcomes the Supreme Court judgment. "The amendment itself was the result of a process initiated by Dr Manmohan Singh's government in 2005-06 with the appointment of the Sinho Commission that submitted its report in July 2010," he said.

"Thereafter, widespread consultations were held and the Bill was ready by 2014. It took the Modi Sarkar five years to get the Bill enacted," the Congress leader said.

Shiv Sena Dogra Front workers celebrate Supreme Court decision to upheld reservation to people belonging to EWS, in Jammu, on Monday

> **It recognises that poverty in any class of people is the worst disabler and those afflicted by economic backwardness are entitled to benefit of affirmative action**
>
> –Ashwani Kumar, former law minister

Rajasthan Chief Minister Ashok Gehlot said the apex court judgment will help poor people get justice.

"Committees were formed and at last, this led to the (103rd) constitutional amendment. I welcome the Supreme Court judgment. This will help the poor get justice," Gehlot told reporters in Vadodara.

However, not everyone welcomed the judgment, Congress spokesperson and chairperson of the Unorganised Workers and Employees Congress Udit Raj said he does not oppose the move but the ceiling of 50 per cent imposed by a nine-judge bench has been broken with this verdict. "For 30 years, whenever we went to the court, the Supreme Court always said this 'lakshman rekha' should not be crossed and our cases were rejected. I raise the issue of the mindset of the Supreme Court judges, these people are of a casteist mindset," Raj said, emphasising that his remarks were made in a personal capacity and had nothing to do with the Congress.

The BJP slammed Raj and said the remarks have exposed the opposition party's "anti-poor" mindset.

Tamil Nadu Chief Minister Stalin said the Supreme Court judgment is a setback to the century-long social justice struggle.

Recalling the Dravida Munnetra Kazhagam's legal struggle against the reservation system brought by the central government, Stalin said, "today's judgment in this case should be considered as a setback in the century-long struggle for social justice." **PTI**

Kuno Cheetahs make their first hunt

#KUNO (MADHYA PRADESH)

Two cheetahs who were flown in from Namibia and released in Kuno National Park made their first kill within 24 hours of being released into a large enclosure, DFO Prakash Kumar Verma told ANI.

The details about the prey are yet to be known.

Prime Minister Narendra Modi had introduced the cheetahs in India on his birthday this year on September 17.

The two cheetahs -- healthy and adjusting well -- were on Sunday released in the bigger enclosure after completing their mandatory quarantine. The release of the two cheetahs came after the Ministry of Environment, Forest and Climate Change received a no-objection certificate from the Ministry of Animal Husbandry for quarantine clearance to be released in a big enclosure.

As part of the efforts to revitalize and diversify the country's wildlife and habitat, they were being brought to India decades after their extinction.

Cheetahs are said to be the fastest animal. It runs at a speed of 100-120 km per hour.

Cheetahs released after quarantine at Kuno National Park

The habitat that has been selected in Kuno is very beautiful and ideal, where there is a large tract of grasslands, small hills, and forests and it is very much suitable for cheetahs. Heavy security arrangements in Kuno National park to prevent poaching activities have been made.

Radio collars have been installed in all the cheetahs and monitored through satellite. Apart from this, there is a dedicated monitoring team behind each cheetah that keeps monitoring the location for 24 hours.

Sri Lanka's Gunathilaka denied bail on sexual assault charges

#SYDNEY

An Australian court on Monday refused bail for Sri Lankan cricketer Danushka Gunathilaka after he was charged with four counts of sexual assault.

Gunathilaka appeared wearing handcuffs by remote video link to the court in Sydney, speaking only to confirm his identity and that he could hear proceedings.

SPORTS

Sri Lanka Cricket said separately that it had suspended the batsman.

The 31-year-old, who was arrested Sunday just hours after his country lost to England in their final T20 World Cup match, appeared calm as he sat wearing a grey T-shirt and blue jeans in a detention centre in the city.

Gunathilaka's bail application was heard in a closed session -- without journalists present -- after Magistrate Robert Williams agreed with a request from the prosecutor to suppress details of the allegations and other elements of the case.

The interim suppression order, which is scheduled to be reviewed by the court on Wednesday, was opposed by Gunathilaka's defence and by a media legal representative.

Sri Lanka Cricket said that it had suspended the player "from all forms of the game with immediate effect".

"Furthermore, Sri Lanka Cricket will take the necessary steps to promptly carry out an inquiry into the alleged offence, and, upon conclusion of the aforementioned court case in Australia, steps will be taken to penalise the said player if found guilty," it said. **AFP**

Plan to study medicine in China? Check advisory

#BEIJING (CHINA)

The Indian Embassy in Beijing on Sunday issued a comprehensive advisory to students planning to study medicine in China.

"The Embassy continues to receive queries from prospective Indian students as well as their parents regarding eligibility for Indian students who are pursuing clinical medicine programme in China to appear in the qualifying examination conducted by the National Medical Commission of India," stated the press release.

It advised Indian medical students and their parents to see the Gazette Notification dated November 18, 2021, by the National Medical Commission (NMC).

"It has unambiguously stated in Clause 4(b) that foreign medical students must be "registered with the respective professional regulatory body or otherwise, competent to grant the license to practice medicine in their respective jurisdiction of the country in which the medical degree is awarded and at par with the license to practice medicine given to a citizen of that country," added the release.

The Embassy also apprised the Chinese authorities concerned and medical colleges with a request that they should ensure that all Indian students coming to China for clinical medicine programmes are educated, trained, and facilitated so that they can fulfill the above requirements of NMC.

"Any student, who joins for clinical medicine program in China after November 2021 and fails to obtain a license to practice as a medical doctor in China, will be rendered ineligible to appear for Foreign Medical Graduate Examination," read the release. The Embassy also cleared a query on whether Indian students can work in Chinese hospitals in a capacity such as "assistant doctor" after completing their medical education in China but fail to obtain a medical practitioner license in China so as to enable them to earn a living and pay back education loans.

Indian Embassy in Beijing issued the advisory on Sunday

"The Embassy has formally approached relevant Chinese authorities to confirm the existence of such an option. The Embassy will share any information, when received from the Chinese side, in its social media handles," said the release.

The Indian Embassy also advised all prospective Indian students to refer to earlier advisories as well as relevant regulations of NMC before exploring options to study clinical medicine programmes in China.

"Prospective students/parents are advised to directly re-confirm all terms of reference of admission directly from the relevant University(ies) in China, before accepting such admission," said the release.

Notably, China began issuing visas for students who obtain permits from their Chinese colleges and universities to return to take up their studies. But they find it hard to travel to China as both countries have yet to resume flight services.

Over 23,000 Indian students, mostly studying medicine, are reportedly stuck back home due to COVID visa restrictions. **–ANI**

HEALTH TIP: Applying cucumber helps with clogged and visibly enlarged pores, excessive oils, and dryness of skin

Drinking pineapple juice can help in burning away excessive belly fat

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Defeating stress with right food

Here is how your eating habits can help in keeping stress at bay

Ancient science knew something that mainstream science is rediscovering, many illnesses can be treated by optimising our food habits. Diet is the most overlooked part of the stress-fighting regime but is equally equipped to manage stress as the other factors. Yes, even a chronic lifestyle condition can be prevented from soaring, provided you know what kinds of food to consume.

What is stress?

Stress is our reaction to feeling threatened by any stimuli when we find ourselves in an unpleasant or dangerous situation. The effect of chronic stress on our bodies is harmful. In the long-term, over-exposure to stress can disrupt almost all body processes and put one at an increased risk of several health and lifestyle issues such as chronic headaches and migraine, anxiety and depression, digestive & sleep problems, heart diseases, high blood pressure, weight gain, etc. Given that chronic stress is a part and parcel of our lives, we cannot stop it but we can manage it by eating healthily.

Certain nutrients in food can keep stress at bay. Among the multiple ways of stress management, eating certain nutrients in food is the best. According to studies, just by being stressed, your bodily requirements for certain nutrients such as vitamins B & C, selenium, magnesium, etc. increase. Just by eating foods that are rich in these nutrients, you may be able to manage your stress levels. In fact, there are studies showing that quality nutrients taken long-term can have a positive impact on your body.

Research has also proved a relevant, decisive link between gut micro-organisms, which live in our intestine, what we eat and how we ultimately feel. No wonder gut health is integral to mood, emotions, and psychological health management. So, managing stress with food is a great tactic for overall health. A well-balanced, nutritious diet is the single most important element for good health. Next time you feel stressed, observe your palate and adjust it accordingly. Here are some great food options that are known to reduce stress levels:

Dark chocolate

Is said to work in two ways - by having a chemical and emotional impact. Dark chocolate is rich in antioxidants and helps lower stress hormone levels in the body when enjoyed in moderation, as traditionally bereft of any unnecessary surplus sugar.

Warm milk

Known to induce a good sleep-in night and aids stress management when sipped right before retiring to bed. Warm milk has a relaxing effect. Rich in calcium and vitamin D, it helps to maintain the bone and is also known as a muscle relaxant and mood stabiliser.

Nuts and seeds

Teeming with magnesium, healthy fats, and nutrients; nuts and seeds act as a stress-busting snack when consumed in moderation. Almonds, flaxseed, pistachios, sunflower seeds, and walnuts are great options to choose from.

Foods high in fibre

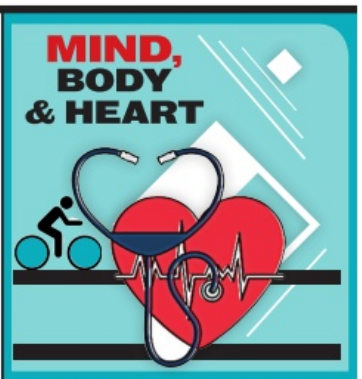
Fibre-rich foods are hailed as gut-friendly and may lower stress, anxiety, and depression. To add more fibre to your diet, eat adequate amounts of fresh fruits, leafy vegetables, nuts & seeds, and many more. You may also opt for whole-grain-based foods such as whole-grain breakfast cereals.

Whole unprocessed grains

Known to provide a mood-stabilising effect by spiking serotonin (a boosting-mood hormone that decreases stress) levels. Thus, resulting in better concentration and focus. Choose healthy, unrefined carbohydrates such as unprocessed grains for better nutrition and adequate fibre intake that takes longer to digest and thus releases blood sugar gradually over a period.

Eating healthy is the best way to relieve stress and its negative impact on our bodies. Try eating healthy and watch your food palate as per your physical and emotional requirements.

— Amarnath Halember, Executive Director and CEO, NextG Apex India Pvt. Ltd, IANSlife



All you need to know about...

Low potassium

What is it?
Potassium (K) is a crucial mineral in the body. Why? Well, because it is necessary for the conduction of nerve signals and for the contraction of muscles, particularly the heart muscle, so it is very essential for your heart function, and also for your bowel movements.
Your normal blood potassium level is 3.6 to 5.2 millimoles per litre (mmol/L) and a low potassium level is less than 2.5 mmol/L.

What are the symptoms?
Tiredness going on to feeling weak and, at times, muscle cramps. You might also have abnormal heart rhythms (arrhythmias) and constipation.

What causes it?
The use of diuretics (water tablets) that work by pushing out potassium in the urine is the most common cause. They increase the volume of urine but at the same time the loss of potassium. Diuretics are used to treat high blood pressure and heart disease.
Every time you have a bout of vomiting or diarrhoea you could get low potassium as it's lost through the gut. Excessive alcohol consumption, chronic kidney disease, diabetic ketosis, excessive laxative use and excessive sweating all may lower your potassium.

How's it diagnosed?
Low potassium is usually found incidentally when a blood test is done because you're taking diuretics. Your doctor may suggest changing your medication or treat you for another condition that's causing your low potassium level, for instance chronic kidney disease.

What's the treatment?
Eat a banana, which is high in potassium, every day. Treatment is directed at the underlying cause and may include potassium supplements.
Note: Don't start taking potassium supplements without talking to your doctor first.

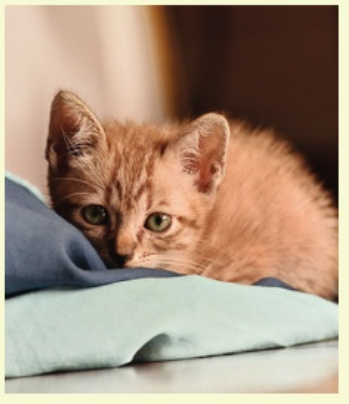
—Dr Miriam Stoppard, Daily Mirror

MIRRORLIGHTS

How you can keep pets warm this winter

As mercury levels plummet across the country, it's time for you to give your pets some extra care and protection. Here are some tips on how to keep your furry friends warm and cosy in the cold months.

Wrap them up in woollens: You just can't imagine stepping outside without a sweater in the winter. The same applies to your pets. Choose from a variety of options available for your cats and dogs. Make sure you pick the right size and keep them warm while taking them out for a walk.
Keep them hydrated: The winter season lowers your pet's want for water consumption. However, dehydration can be life-threatening for them. So, make sure their water bowls never remain empty. Always carry a water bottle while taking them out for walks.
Arrange warm bedding: Never let your pet sleep on the cold floor during winter. Make sure they have warm and cosy bedding. Place the bedding in a warm spot, preferably where they sleep every day.
Daytime is the new outdoor time: Try to keep your pets indoors, especially during the night. Go out for walks with them during the late morning hours. Being exposed to the sun during these hours will give them much-needed Vitamin D.
Check for hypothermia: If the temperature drops severely, your pet needs special attention. Ushija Asthana, pet parent of a dog Cooper and a cat Silver said, "The paws of your dog or cat need to be protected from the freeze as they aren't covered by fur. If your pet is picking up their paws off the floor, it is a sign that the weather is too cold for them. In case there's a drop in your pet's body temperature, make sure you cover them up with warm blankets and feed them hot drinks like chicken broth."



—IANSlife

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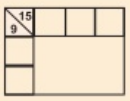
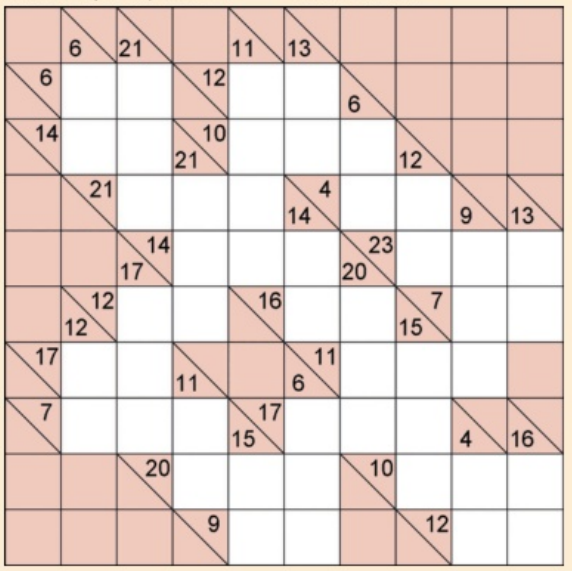
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

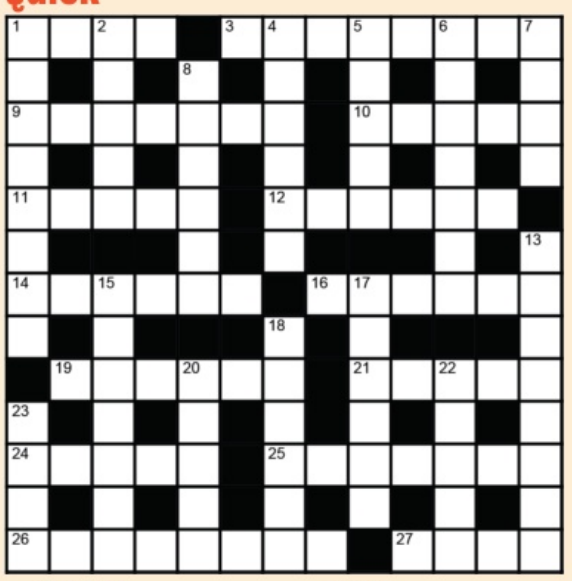


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 24 hour periods (4)
3 Bellies (8)
9 American state (7)
10 Lively (5)
11 India's cricket trophy (5)
12 Enthusiastic (6)
14 Made a doglike sound? (6)
16 Plumlike fruit (6)
19 Solidified lava (6)
21 Gramophone needles (5)
24 ___ Zola : Nana's author? (5)
25 Pertaining to fever (7)
26 Insinuation (8)
27 Understanding term? (1,3)

DOWN

1 Hostile rant (8)
2 Long for (5)
4 Vidhyarthi ____ : Dosa place in Gandhi Bazaar (6)
5 Drained slowly (5)
6 Grows larger (7)
7 River of Hades (4)
8 Active ill-will (6)
13 Surround (8)
15 Quarrel (7)
17 Soak up (6)
18 Gradually exhausted, drained of energy (6)
20 Ms Witherspoon of Hollywood (5)
22 Abominable snowmen (5)
23 Half (prefix) (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS G

YFA PLXAC LF IRA RYVA YS HAOYJLFB M JAJYQG.

Linemaro

I'm new in town. Could you give me directions to your apartment?

Mindchow

He is able who thinks he is able.

Joke of the day

You're never too old to learn something stupid.

Loop

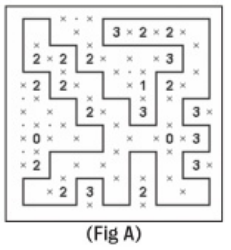
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

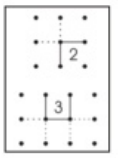
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

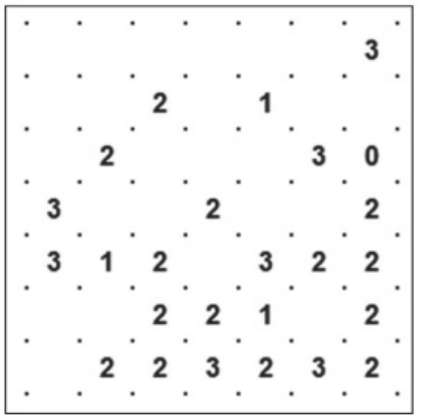
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



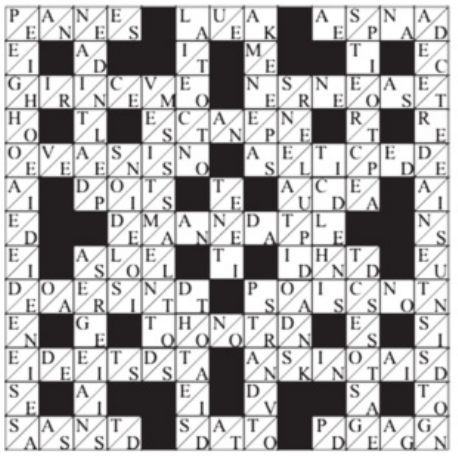
(Fig A)



(Fig B) Not Allowed



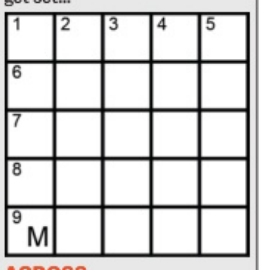
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

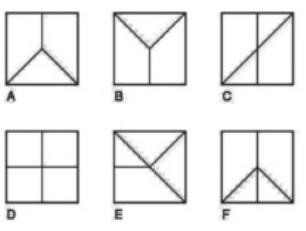
1 Ropes; 6 Caret; 7 Cutis; 8 Antes; 9 LMS It

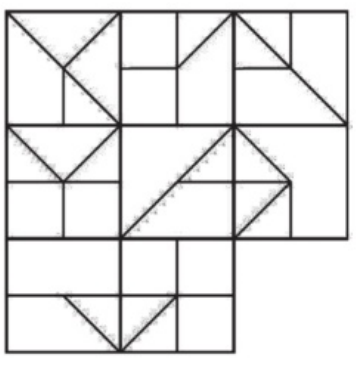
DOWN

1 Prims; 2 Trice; 3 Lacto; 4 Us TNT; 5 Sees a

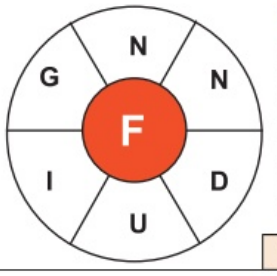
Mensapuzzle

Which is the missing tile?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

01 Average; **02** Good; **03** Outstanding

SudokuChallenge

5			8		1			7
		7	6		3	9		
	6			7			3	
4		9				1		3
7		2				6		8
	9			6			8	
		5	9		8	3		
3			5		2			1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 18

2 4 7 8

Medium = 26

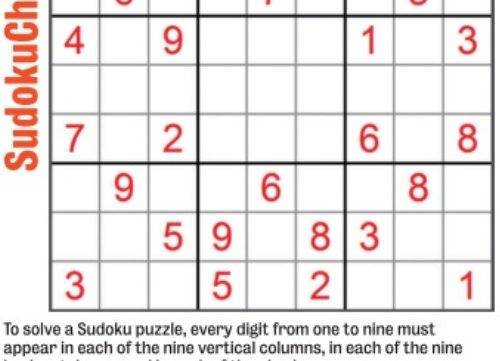
4 6 7 9

Hard = 9

2 8 9 3

Hocusfocus

Find at least six differences in details between panels.



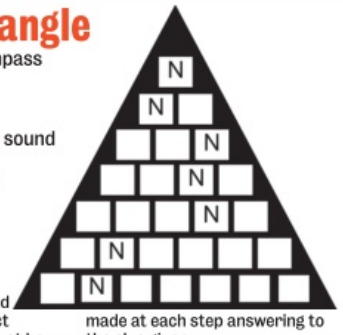
Differences: 1. Bat is missing. 2. Tie is missing. 3. Nose is smaller. 4. Column is moved. 5. Ball is different. 6. Face mask is different.

Riddler

Kirsty bought some jumpers on an internet auction site at a cost of 20 for £90, and sold them at a price of two for £22. If she made £299 profit, how many jumpers did she sell?

Alpha triangle

1 North on the compass
2 Opposite of yes
3 Mafia boss
4 Completed
5 Low monotonous sound
6 Slept noisily
7 Express support



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

SOMEONE RANSACKED MY OFFICE LAST NIGHT, CHIEF
ANYTHING MISSING?
YEAH! THEY TOOK ALL THE MAGAZINES FROM THE WAITING ROOM
I'LL GET RIGHT ON IT
ANYONE BEEN IN TODAY WITH A LOAD OF MAGAZINES FOR SALE?
ANTIQUES BOUGHT-SOLD

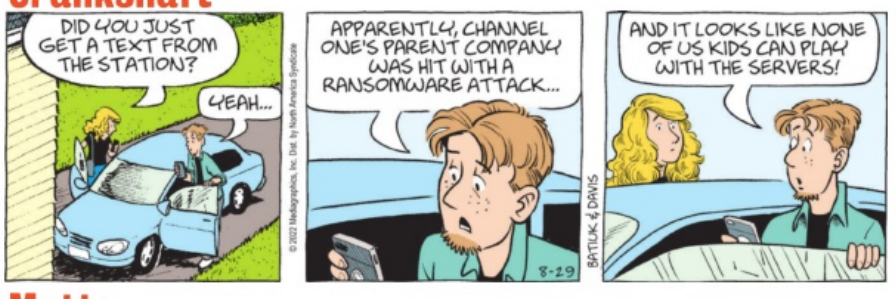
Bizarrotrip

Diamond Lil

Hart of the city

HEART! KAT! OVER HERE!
I ALREADY DID SOME SCOUTING, AND THERE'S A "FIVE OF RAVENS" TRIVIA CONTEST!
IF WE WIN, WE CAN GET A COPY OF THE NEWEST BOOK!
WE ALREADY PREORDERED OURS, BUT I'LL NEVER TURN DOWN A CHANCE TO COMPETE AND WIN. I'M IN.

Crankshaft


DID YOU JUST GET A TEXT FROM THE STATION?
YEAH...
APPARENTLY, CHANNEL ONE'S PARENT COMPANY WAS HIT WITH A RANSOMWARE ATTACK...
AND IT LOOKS LIKE NONE OF US KIDS CAN PLAY WITH THE SERVERS!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be busy with family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money on buying some artefacts or household items which may improve your social status. You are likely to hear some good news from one of your relatives.

Taurus Apr 21 – May 20
Today you will be busy with family get-togethers. You may re-establish your network, which will give you benefits in the near future. Those related to glamour, art, fashion, film, media may plan to do something new in terms of their profession. Students may perform better today. Lovebirds may enjoy their happy moments.

Gemini May 21 – Jun 21
Today you may be busy on the work front, which can make you mentally tired and may affect your day-to-day routine. You may be able to create an overseas network. You should be careful in terms of investments. Those in jobs can expect to get promotions.

Cancer Jun 22 – July 23
Today, situations are under control now. Your destiny is likely to be with you in terms of gains from past investments. You may get some rewards for your hard work. Projects that were stopped without a reason are likely to be reinitiated. You may expect spiritual travel. You may also plan to donate some amount to charity.

Leo Jul 24 – Aug 23
Today your moon is not positive and you may have health issues. You may face losses in business or from past investments. It is advised not to invest in business. Your gains will convert to losses, So you are advised to stop making investments in worthless objects. You should avoid being involved in controversies, otherwise it will pull you down negatively.

Virgo Aug 24 – Sep 23
Today is good for your work. You may be able to perform well in terms of projects. Your boss is likely to give you some new responsibility in terms of promotions. Disputes with your partner may settle down. You may lend money for building your assets. Your kids' health may be better now. You are likely to make some investments for their future.

Libra Sep 24 – Oct 22
Today you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find a suitable match. You may do better in terms of your professional life. Your friends and juniors may support you. Investments in gems and jewellery are likely to bring positive gains in the near future. You should be careful about your elders' health.

Scorpio Oct 23 – Nov 22
You may be happy due to blessings from auspicious planetary combina- tions. You may have some sort of energy which may create your prestige among people around you. You may spend your time studying intellectual subjects.

Sagittarius Nov 23 – Dec 22
Today, at the start of the day, you may feel dull. After late evening, you may control this negativity. New people may connect with you on the work front. With the help of new people, you may try to revamp your business plans. It is advised to read documents before putting your signature on them.

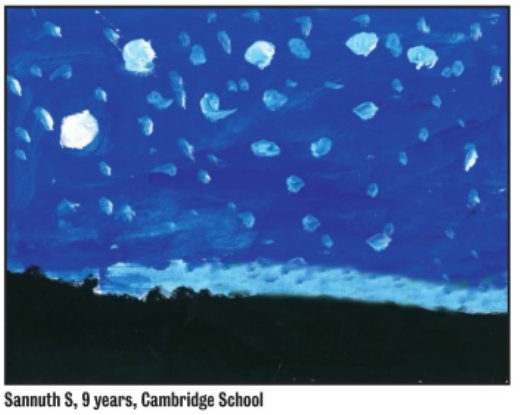
Capricorn Dec 23 – Jan 20
Today, with the help of elders, you may control your indecisiveness. Your kids' health is better now. Your colleagues may be supportive about your work, which will convert to success in terms of a project. You may expect to get some incentives with your salary. Those related to dairy, water projects, grains, home maker art, and culture may do well.

Aquarius Jan 21 – Feb 19
Today you may plan to migrate from one place to another. it is advised to think twice before taking decisions regarding migration or change of place. You may also plan to change your job. There will be peace in your mind. Your kids' health might make you upset. It is advised to avoid speculation in investments. Lovebirds must keep patience before taking important decisions in terms of marriage.

Pisces Feb 20 – Mar 20
Today you may feel patient. Meditation may help you increase your concentration, which may help you speed up your projects. Your subordinates may cooperate with you, which may help you complete a project before its timeline. You may travel due to work. An influential person may help you boost your network.

KIDZONE

Lekhana N S, 6 years, KV School



Sannuth S, 9 years, Cambridge School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

{√[14(2)]+√2}·2/(2/(4(6)]-√6)}·2=
(3√2)·2/(√6)·2=
3·2(√2)·2/√6=
9(2)/6 = 18/6 = 3

STRIKE OUT

P	A	E	S		L	E	K		A	P	N	A		C
I		D		I		E		I		E		C		
G	R	I	E	V	E		E	R	N	E	S	T		
A		R		E		A		P		Y				
H		T	E	T	A	P	E		R		E			
E	V	E	N	S	O		S	L	I	C	E	D		
A		D	O	T		T		A	C	E		I		
D		E	M	A	N	A	T	E				N		
E		A	L	E		T		I	N	T		U		
D	O	E	S	N	T		P	O	I	S	O	N		
	S	C	O	R	I	A		S	T	Y	L	I		
E		U		S		B						C		
B	A	R	K	E	D		D	A	M	S	O	N		
I		C		N		D						E		
R	A	N	U	J	I		A	R	D	E	N	T		
T		L		V		E		A		X				
A	L	A	R	M	A		E		P	Y				
I		M		H		O		X		T				
D	A	V	S		A	B	D	O	M	E	N	S		
I	N	N	U	E	N	D	O		I	S	E	E		

QUICK

I	N	N	U	E	N	D	O		I	S	E	E		
M		O		S		E		B		I		L		
E	M	I	L	E		P	Y	R	E	T	I	C		
S		T		E		P		O		E		R		
	S	C	O	R	I	A		S	T	Y	L	I		
E		U		S		B						C		
B	A	R	K	E	D		D	A	M	S	O	N		
I		C		N		D						E		
R	A	N	J	I		A	R	D	E	N	T			
T		L		V		E		A		X				
A	L	A	R	M	A		E		P	Y				
I		M		H		O		X		T				
D	A	V	S		A	B	D	O	M	E	N	S		
I	N	N	U	E	N	D	O		I	S	E	E		

MENSA PUZZLE

F: looking across and down, lines are carried forward from the first two squares to the final square, except where two lines appear in the same position in the first two squares, in which case they are cancelled out

RIDDLER 46 jumpers

SUDOKU

3	8	6	5	4	2	7	9	1
2	7	5	9	1	8	3	4	6
1	9	4	3	6	7	5	8	2
7	1	2	4	3	9	6	5	8
6	3	8	1	2	5	4	7	9
4	5	9	7	8	6	1	2	3
9	6	1	2	7	4	8	3	5
8	2	7	6	5	3	9	1	4
5	4	3	8	9	1	2	6	7

ALPHA TRIANGLE

N, No, Don, Done, Drone, Snored, Endorse.

GO FIGURE

Easy
2 × 7 + 8 − 4 = 18
Medium
6 + 7 + 4 + 9 = 26
Hard
9 / 3 + 8 − 2 = 9

LOOP

KAKURO

BULL'S EYE

find, fund, FUNDING

FAST FIVE

P	R	O	S	E
R	E	C	T	A
S	T	A	N	E
I	C	T	U	S
M	I	L	T	S

QUOTE UNCODE

One lives in the hope of becoming a memory.

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Jimmy Kimmel to host Oscars again

Jimmy Kimmel is ready to host the Oscars again, completing a trilogy that started with him presiding over the "envelope-gate" ceremony. The talk show host will preside over the ceremony in March

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Exclusive gear

When actors wore outfits with personalised messages

Bollywood actresses make sure they are a sight for the sore eyes every time they step out in style. Of late they have started giving personal touch to their stunning outfits. Which not only enhances their look but also talks about their personality. From Kareena Kapoor Khan wearing a custom-made saree with 'Bebo' written on it to Alia Bhatt flaunting her pregnancy in a bright pink suit with 'baby on board' written on its back, we take a look at B-town divas who wore outfits with personalised texts.

Samantha Ruth Prabhu

Samantha Ruth Prabhu is also undoubtedly one of the most stylish actresses we have in the industry. During one of the promotional events of her film, 'Jaanu', the actress too impressed one and all with her peach organza saree, similar to that of Kareena Kapoor Khan. The saree had 'Jaanu' written all over it. She completed her gorgeous look with contrast earrings.

Alia Bhatt

Alia Bhatt made the most of her pregnancy days by flaunting her baby bump in style as she went out and about to promote her films, 'Darlings' and 'Brahmastra'. At one of the promotional events of the Ayan Mukerji directorial, the actress looked radiant as she wore a pink salwar suit which had text 'Baby on Board' written on its back. It also had 'love' text inscribed on her sharara. She completed her overall gorgeous look with long statement earrings.

Kareena Kapoor Khan

Right from chic and classy western wear to quintessential desi outfits, Kareena Kapoor Khan not only pulls it off but also owns it. The actress never fails to make heads turn every time she steps out. During the promotions of her film, 'Good Newwz', the actress stunned one and all in her custom-made blue organza saree that had 'Bebo' written on it.

Sonam Kapoor

Sonam Kapoor is rightly called as the fashionista of Bollywood who is never afraid to experiment with her style and keeps up with the fashion trends. The gorgeous diva made heads turn in a buttery yellow custom-made saree by Masaba Gupta that featured lines of script in Tamil running through it in stripes, the words read, 'Sonam, Masaba and 'Ek Ladki Ko Dekha Toh Aisa Laga (name of her film)'. Another time, she also impressed one and all with her pink lehenga which had texts like, 'Sonam' and 'Is AK OK'.

Bhumi Pednekar

If you follow Bhumi Pednekar on Instagram, then you know that the actress is high on her fashion game. The actress made a style statement when she donned a beautiful white saree with 'love' woven in a red thread on it in different languages. The actress paired the saree with a sleeveless white blouse and diamond accessories.